



## Training Instructions

### ET 1: Physical, Cognitive, and Social Emotional 6 Training Hours

#### LEARNING OBJECTIVES

- Demonstrate knowledge of typical development in children from infancy through preschool across the physical, cognitive, and social emotional domains
- Identify activities and interactions that facilitate optimal development across domains and stages

#### MATERIALS

*Training hours will post to your Training Log after completing all steps (1 through 6) for this training. The completion date reflected on your Training Log will be the date the Training Office received your Training Quiz. Receive 6 training hours when the quiz has processed.*

1. Training Videos:
  - a. Physical, Cognitive, and Social Emotional: Infants
  - b. Physical, Cognitive, and Social Emotional: Toddlers
  - c. Physical, Cognitive, and Social Emotional: Preschoolers
2. Handouts:
  - a. Training Quiz
  - b. What You Will Learn
  - c. Checklist of Practice for Infants
  - d. Checklist of Practice for Toddlers
  - e. Checklist of Practice for Preschoolers
  - f. IdahoSTARS Training Office Cover Sheet

#### INSTRUCTIONS

**Step 1:** Review Training Instructions

**Step 2:** Review What You Will Learn training handout

- What information was familiar to you, or a reminder of what you already knew?
- Was any of the information brand new to you? If so, will you need to make any changes to your practice based on this information?

**Step 3:** Watch Training Videos for each age group, Physical, Cognitive, and Social Emotional for Infants, Toddlers, and Preschoolers through your [provider account](#)

**Step 4:** Complete Training Quiz

Submit Training Quiz and Cover Sheet to the IdahoSTARS Training Office for review

**Mail to:** IdahoSTARS Training Office

Center on Disabilities and Human Development

University of Idaho

1187 Alturas Drive

Moscow, ID 83843-8331

**Email to:** [idahostars@uidaho.edu](mailto:idahostars@uidaho.edu)

**Step 5:** Complete Checklist of Practice for each age group you interact with: Infants, Toddlers, and/or Preschoolers. If you work with multiple-age groups (infants through preschoolers), please complete each of the Checklists. If you currently only work with one age group, only complete the Checklist which pertains to the children in your care.

*Identify 2 items from the Checklist of Practices which you marked as “sometimes” or “not yet” which you would like to pay more attention to.*

- Make a plan for how you can begin to implement those. Identify barriers to those practices and actions to address them.

**Step 6:** Complete the Evaluation through your [provider account](#)

## Additional Training Information

### **IDAHO EARLY LEARNING eGUIDELINES**

The Idaho Early Learning eGuidelines emphasize the importance of having knowledge of child development for appropriate expectations, and to design quality, enriching environments, routines, and interactions. These strategies are summarized in the [Guiding Principles](#) and Essential Practices of the [Idaho Early Learning eGuidelines](#).

### **ESSENTIAL TRAININGS**

This training is one of the Essential Trainings developed or identified by IdahoSTARS to meet our goal of improving child care through professional development. The Essential Trainings are embedded in Steps to Quality (Idaho’s Quality Rating and Improvement System), and introduce the basics of child development, health & safety, relationships with families & communities, and supporting children with diverse abilities. Think of this training and all Essential Trainings as introductions to a broad subject. You can explore other IdahoSTARS trainings to deepen your knowledge.